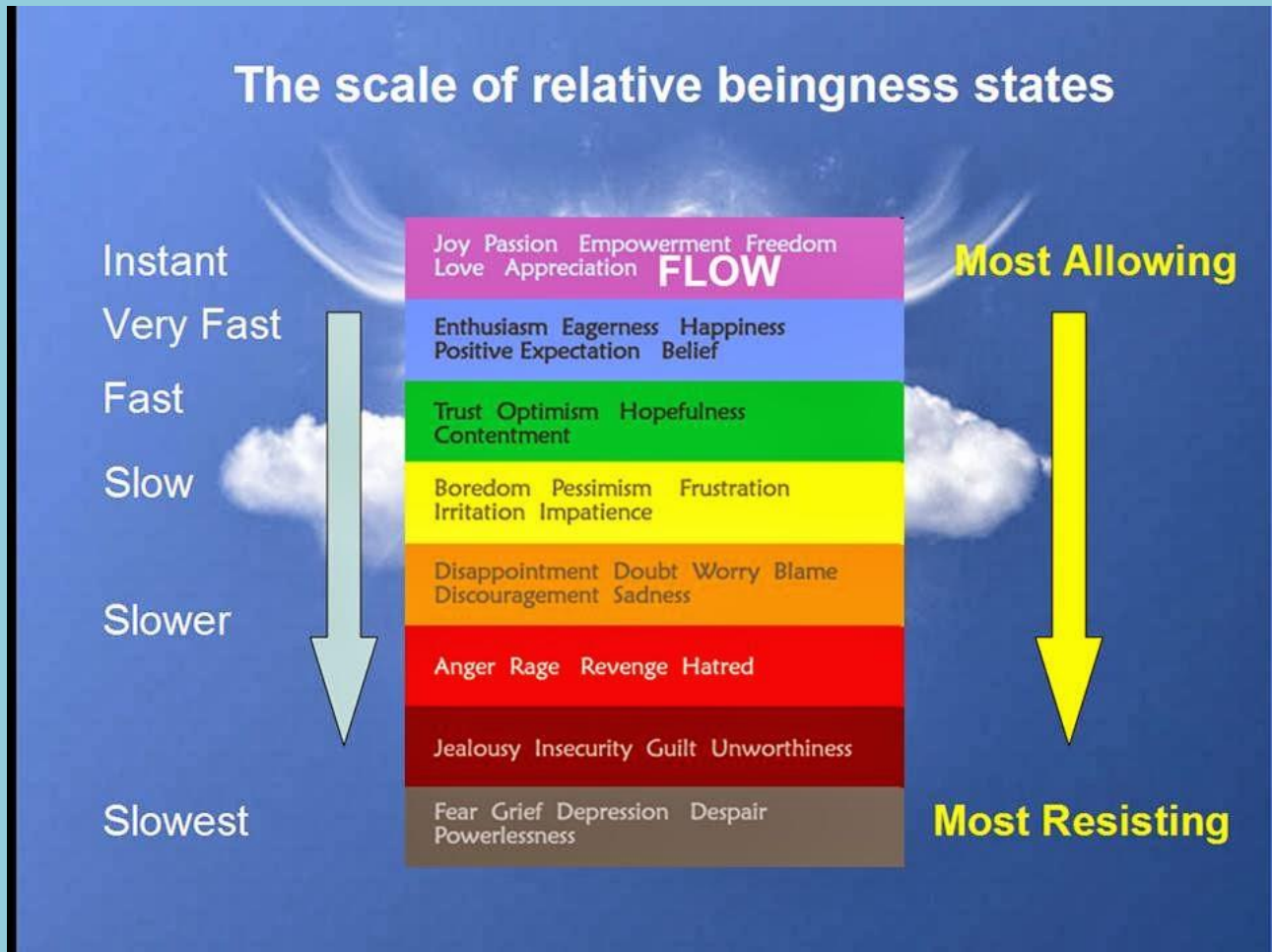


# Life Is A Reflection of How We Feel

If our thoughts create our emotions and our emotions create our behavior shouldn't we be intentional about our thoughts? Our thoughts have a vibrational frequency. Actually everything in this world does. The quickest way to create health, love, joy, abundance and peace is by changing our thoughts which will change our action to create a desired change in our life.



One of the fastest ways to change your mood is to think about love, appreciation or gratitude and apply a movement of excitement (jumping, running, dancing, smiling, laughing or singing). Life is here for you!